

## Waukesha County Nutrition Coalition Minutes 2-22-22

**Attendance:** Michael Egly - Food Pantry of Waukesha County; Barb Jacob- New Berlin Food Pantry; Jill Herz, Katy Maas, & Jen Whitty- UW-Madison Extension; Mike Glasgow & Katie Riemenschneider- Aging and Disability Resource Center; Natalie Brunner- Community Action Coalition of South Central WI; Judith Amorsen - Eras Senior Network; Sam Schuette and Jessica Brost- Addiction Resource Council; Krystina Kohler- United Way of Greater Milwaukee & Waukesha County; Lisa Topp- WIC; Jesikah Becker- Women's Center; Rosa Zibell- Waukesha Free Clinic; Elizabeth Sheehan- Community Smiles Dental

### Agency Updates:

**Addiction Resource Center- Sam Schuette, Jessica Brost:** Will have a bowling alley event fundraiser in May, as well as Roaring for Recovery event at the zoo. Working on getting programs back up and running again post-covid, including community prevention education program in middle schools and "help not handcuffs" program. Busy with education before school year ends.

**UW-Madison Extension FoodWise- Jill Herz, Katy Maas:** Have been busy with youth classes in school and afterschool, as well as some older youth classes. Adult programs are slower to come back post-covid; always looking for potential adult groups for our Eating Smart & Being Active (ESBA) series. It is a 7-9 session series geared for parents of young children who are eligible for FoodShare. If you work with adults who would benefit from this program, please let us know. We have also been increasing outreach to seniors at senior housing sites by teaching Strong Bodies strength training series, which are twice per week for 8-12 weeks.

**ADRC- Mike Glasgow:** In-person senior dining began November 15. Four sites opened up, in the community centers: Oconomowoc, Sussex, Menomonee Falls, and Brookfield. Numbers have been good, with the highest being 20-25 on some days. Perhaps will be opening more in the near future. Meals on Wheels program continues to do well- 7 sites are doing that. Senior Farmers Market vouchers will start in June. Hoping to do more in-person distribution this year. June 15 is Elder Abuse Awareness Day-will be reaching out about that.

**Community Action Coalition of South Central WI- Natalie Brunner:** Back at full capacity with staff. Full team of food security specialists. Many of you received emails on a Waukesha County resource summit. Original plan was to hold it in the spring, but with continued uncertainties around covid it was put on hold. Still hoping to do this 2023, in person. Overall theme will be mental health. Keep lookout for future emails on this.

**ADRC- Katie Riemenschneider:** Will be holding health promotion classes in April, including Healthy Living with Diabetes workshop for older adults (60 or older), and Cup of Health- 1 hour presentations. March topic will be on sleep. Will send info/ flyers to the WCNC email list.

**WIC- Lisa Topp:** The in-person waiver is continuing, which means clients don't have to be present to complete certifications. This is active until June 1<sup>st</sup>. Have been offering in-person services to clients. Number of clients visiting in person has increased. Cash value benefit is remaining at increased amount: Children= \$24 (increased from 9); pregnant, postpartum, and some breastfeeding women= \$43 (increased from 9); full and mostly breastfeeding women= \$47 (increased from 11); fully breastfeeding multiples= \$70.50. There is a big Similac formula recall, from a Michigan plant. Many families had every formula can on their shelf recalled. If you know someone who has concerns, send them to the WIC Facebook page. Local retailers are exchanging formulas, and they will even take open cans.

**New Berlin Food Pantry- Barb Jacob:** Still in covid protocol, doing drive-thru outside delivery. When weather doesn't cooperate it's not great, but otherwise volunteers and clients like it. People don't have to stand waiting;

they wait in their cars with a number system. (Question to Michael Egly about whether the Stamp Out Hunger postal drive was on: Michael not sure status of this. Apparently it is up to individual postmasters. This food drive has been cancelled for 2 years.)

**United Way of Greater Milwaukee and Waukesha County-Krystina Kohler:** Waiting to hear what local awards will be for Emergency Food and Shelter Program (EFSP). Will put out ad in Waukesha Freeman and also put out notice to any past recipients. Will share with the WCNC group as well.

**Eras Senior Network- Judith Amorsen:** Still helping with food pantry pickup, stockbox pickup, and grocery shopping. No in-home visits as of yet. Hopeful to do that in the future.

**Community Smiles Dental- Elizabeth Sheehan:** Both dental clinics are operating and very busy. Way more demand for clinics than able to handle. Menomonee Falls clinic is not taking new patients but would try to help in an emergency. Waukesha has more capacity, but primarily sees kids. If you know someone who needs care, would be a good idea to help them call and navigate the process. Working with Waukesha elementary schools for in-school sealant program, in 8 Waukesha schools this spring. Funded by DHS and Delta dental. Children's Health Alliance determines eligibility- Free/Reduced lunch enrollment of 35% or more.

**Women's Center- Jesikah Becker:** Everyone is back working on site at Women's Center, with masks. For the last couple of months, have started the Wednesday workshops and it has been going well. Looking into starting other workshops and getting them going again, such as food and nutrition ones.

**Waukesha Free Clinic- Rosa Zibell:** Open full time, seeing patients 9-5 Monday-Friday plus evening clinics. Testing for COVID-19 on Tuesdays with the PCR machine, antigen test is available every day. Pulmonology and cardiology clinics available. OBGYN has now retired as volunteer; new person taking over. Now providing birth control (pills, IUDs, etc) - there was a donation for that. Seeing more health issues in patients, some with 4-5 different illnesses. Appears to be more disparities and more needs- more hunger, more need for mental health.

**UW-Madison Extension Health & Well Being- Jen Whitty:** Working primarily with aging adults and those with intellectual disabilities. Teaching Strong Bodies strength-training series; have been providing these virtually since covid and have started in-person again. The program helps seniors stay strong and independent in the community and prevent falls. Also working with Special Olympics and ACAP to provide education for those with intellectual disabilities as well.

**Food Pantry of Waukesha County- Michael Egly:** Foodshare Outreach Assistant Bria Thomas can assist people with navigating Foodshare applications and food programs and helping them with questions. She can take appointments outside of pantry service hours. She can also go to other agencies to assist with FoodShare outreach. **Contact info: Bria Thomas, FoodShare Outreach Assistant:** [bria@waukeshafoodpantry.org](mailto:bria@waukeshafoodpantry.org) Since we are still in public health emergency, FoodShare amounts increased to maximum amount. This will most likely be extended through July 15. Will need to prepare for potential decreases in benefits after that emergency ends. Since December, clients have had 3 different food pantry service options: (1) preschedule orders online or by calling ahead, (2) drive thru option (express pickup, less choice), (3) full choice indoor shopping. If you are working with someone that needs food assistance, can arrange pickup or special options that work for your clients. For instance, if they have an appointment and want to coordinate pickup before appointment. The pantry has coordinated with Waukesha Free Clinic and Eras Senior Network in that way.

## **2022 WCNC Updates and Discussion:**

2022 WCNC meetings will be in Feb, April, June, August, and October on the 4<sup>th</sup> Tuesday of the month.

Please let Michael know if you have some ideas of topics/presenters for future meetings. Jen Whitty is currently reaching out to someone from the UW-Madison Extension Population Health MATCH (Mobilizing Action Toward Community Health) program to present on a topic helpful to our coalition and/or our individual organizations (e.g. community / capacity building in coalitions, social determinants of health, equity, etc).

Judith Amorsen- idea for what we could do as a coalition: Free/reduced lunch application in school district seems to be important for the availability of some programs' services. Could we as a Coalition help with letting people know the importance of the form for school eligibility for services?

Elizabeth Sheehan- nutrition is something we talk about with families. Are there any good sources of continuing education for providers about how to talk to families about nutrition? Discussed some ideas, some listed below:

From Michael Egly: Food Solutions New England

- Upcoming Winter Webinar - Narrative Strategy: Building Narrative Power & Centering Impacted Voices. <https://foodsolutionsne.org/event/fsne-winter-series-4-narrative-power/>
- 21 Day Racial Equity Habit Building Challenge. <https://foodsolutionsne.org/21-day-racial-equity-habit-building-challenge/>

From Jill Herz: CE- Todays Dietitian

- FREE: <https://ce.secondcenturyeducation.com/ce.todaysdietitian.com/FreeCE>
- All Webinars: <https://ce.secondcenturyeducation.com/ce.todaysdietitian.com/Webinars>

**Next meeting: April 2022: More info to come.**

**If you have any info, brochures, etc. to send to the WCNC email list, please share with Jill:**  
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